

Belly Dancing Classes

Arnold Hall Community Center
(Bldg. 5506)

Every Monday 6-7 p.m.

Classes taught by **Karen Stokes**

Ten great reasons to take this class:

- Great exercise for weight loss
- Tones stomach muscles
- Strengthens bones and joints
- Builds hip stability and flexibility
- Tones arms
- Strengthens pelvic muscles
- Relieves hand and wrist pain
- Engages the brain
- For all ages and shapes
- Fun exercise

For more information, please call 671-2619

www.lacklandservices.com

